

KN**UCK** OUT OPIOID ABUSE

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Athletes and Opioids: The Impact and Risks

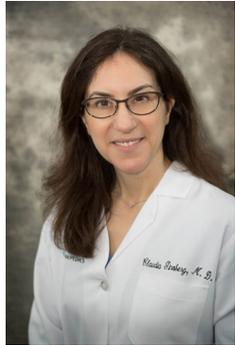
September 24, 2020



Jonathan Pearson
Executive Director
The Horizon
Foundation for
New Jersey



Featured Panelists



Dr. Claudia Ginsberg, MD

Dr. Claudia Ginsberg is a sports medicine specialist at the Sports Medicine Center at Tri-County Orthopedics. She specializes in the comprehensive care of athletes and active individuals, treating a variety of musculoskeletal conditions. During her residency, Dr. Ginsberg trained with sports medicine specialists at the Hospital for Special Surgery. Subsequently, she pursued fellowship training in primary care sports medicine at the University of Pittsburgh Medical Center. Dr. Ginsberg treats athletes both in the office and on the sidelines of many sporting events, including as team doctor for several high schools and as a consultant for the New York Jets.



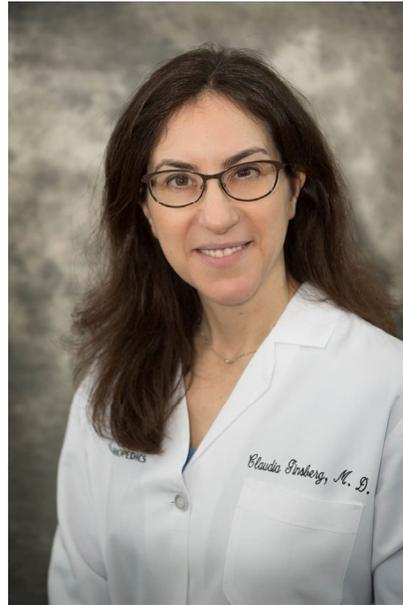
**Bill Bruno, Assistant Director,
New Jersey Interscholastic
Athletic Association**

Bill Bruno has served as assistant director of the New Jersey State Interscholastic Athletic Association for six years, overseeing boys and girls cross country, boys and girls winter and spring track and boys and girls wrestling. He was a social studies teacher for 22 years and also served as a coach of football and winter and spring track for 22 years. Bill worked as an athletic administrator for 15 years, and he is the chair of the New Jersey Coaches Scholastic Association.



**Ray Lucas,
Former Rutgers and NFL Quarterback**

Ray Lucas was a four-time letter winner at quarterback from 1992–95 for the Rutgers football team. He finished his career ranked fourth on the Scarlet Knights' all-time list in touchdowns (43), fifth in completions (514) and sixth in passing yards (5,896). An undrafted free agent, Lucas was signed by the New England Patriots and went on to spend seven seasons in the National Football League from 1996 – 2002. He and his family have been involved with Camp Fatima, a not-for-profit, non-sectarian organization designed for children and adults with developmental disabilities. Lucas currently serves as the Executive Director for Public Housing in his hometown of Harrison, N.J.



Dr. Claudia Ginsberg, MD



Opioids & Athletes

Claudia L. Ginsberg, MD

9.24.20



 **TRI-COUNTY
ORTHOPEDICS**

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Sports: High Risk Activity



Teenage athletes are a high risk group for opioid abuse & addiction





- ▶ The developing teenage brain is at higher risk compared to a fully developed brain
- ▶ Athletes are at higher risk than non-athlete peers

Why Are Athletes At High Risk?

- ▶ Strenuous training
- ▶ Injuries
- ▶ Doctor visits
- ▶ Surgery
- ▶ Commitment
- ▶ Internal pressure
- ▶ External pressure



Of new heroin users today,
80% started with misuse of prescription
opioids.



Pain Relievers

▶ Over the Counter Pain Relievers

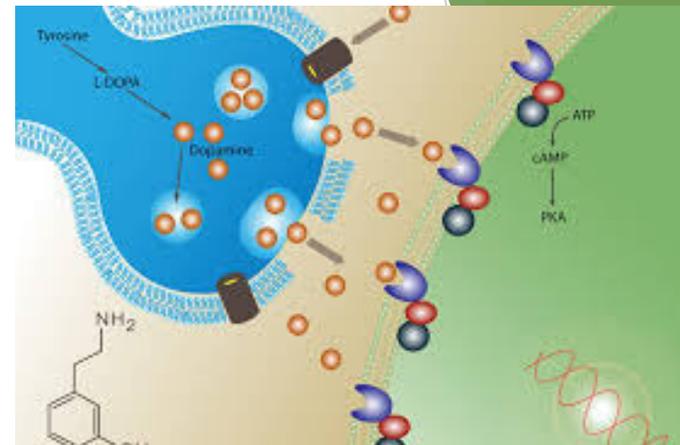
- ▶ Tylenol(acetaminophen)
- ▶ Ibuprofen(Advil, Motrin)
- ▶ Naproxen(Aleve)

▶ Opioid Pain Medication by Prescription

- ▶ Tramadol(Ultram)
- ▶ Oxycodone(Percocet)
- ▶ Hydrocodone(Vicodin)
- ▶ Dilaudid(Hydromorphone)

Science of Addiction

- ▶ Opioid Effects
 - ▶ Dull pain
 - ▶ Stimulate the brain's pleasure centers
- ▶ Less natural “feel good” chemicals(endorphins) are made
- ▶ When opioids are stopped, your brain & body are missing the “feel good” chemicals → sad, down & generally awful





- ▶ **Over time opioids actually change how your brain works**
- ▶ **Opioids become favored as a priority**
- ▶ **The opioid driven changes can be quick & powerful**

Natural Progression to Street Drugs

- If more opioids are not available from the doctor
 - Family
 - Friends
 - Alternatives: cheaper & more potent
Heroin and Fentanyl





- Addiction is not a personal or moral failing
- Addiction is biochemical process
- A simple sports injury can evolve into drug use/abuse

Sports During Coronavirus Pandemic

- ▶ Shortened athletic seasons intensify pressure on athletes
- ▶ Play through pain/injuries
- ▶ Return too quickly after injury or surgery
- ▶ Lingering or worsened injuries may mean requiring more pain medications for longer duration

How else can I control pain?

- Use other treatments for pain control
 - Ice, heat, massage, brace, physical therapy, OTC topical creams, kinesio tape, acupuncture...
- Ask about non-opioid meds
 - Tylenol, NSAIDs, topical medications, steroid injections...



Safer Use of Opioids

- Feel free to decline an opioid prescription
- If you do need an opioid, ask for lowest dose, fewest number of pills
- Ingest the least number of pills possible, shortest duration
- The less exposure to your brain and body, the better

Safer Handling of Opioids

- When you bring an opioid into your home, keep it locked or well hidden
- Do NOT share opioid pills
- Remove any unused opioids from your home

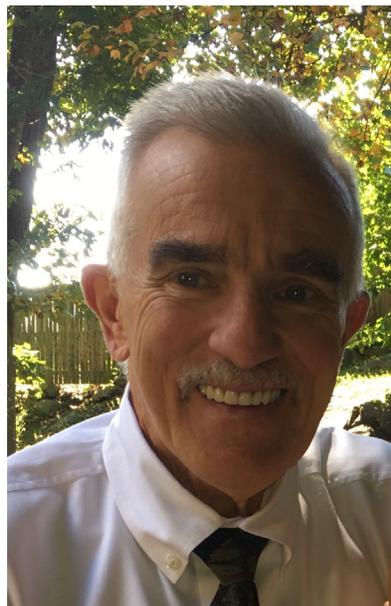
Safe Disposal of Opioids

- New Jersey's Project Medicine Drop (NJPMD)
<https://www.njconsumeraffairs.gov/meddrop>
- Sealed container in garbage after mixing it with another unappealing substance



Recommendations

- Don't use medications to play through pain
- Get help if you or someone you know is misusing or abusing opioids or other drugs
- Substance Abuse & Mental Health Services Administration
<https://www.samhsa.gov/find-help/national-helpline>
1-800-662-HELP (4357)



Bill Bruno, Assistant Director,
New Jersey Interscholastic Athletic
Association



Knock Out Opioid Abuse

NJSIAA-ASSISTANT DIRECTOR Bill Bruno



NJSIAA Involvement

- ▶ Mr. Larry White, Executive Director
- ▶ Community Outreach Programs through NJSIAA Member Schools
- ▶ Student Roundtable discussions throughout the academic school year
- ▶ Creation of a student-led video on YouTube.
- ▶ Continued working with the Attorney General's Office

NJSIAA Future Endeavors

- ▶ Workshops/Clinics for the following:
 - ▶ Athletic Trainers
 - ▶ Coaches
 - ▶ Athletic Administrators



Recorded Interview

- ▶ Interview and recording of my niece and the tragic loss of her husband due to opioid abuse.
- ▶ Please go to the following location for the interview:
www.knockoutopioidabuse.drugfreenj.org/stories



Ray Lucas,
Former Rutgers and NFL Quarterback

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Upcoming Webinar:

November 19, 2020

11 am – 12 pm